



# MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS – A STUDY FROM GOVERNMENT SCHOOL

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## ABSTRACT

### *Background:*

Adolescence has been identified as a unique phase that requires special care since it coincides with the start of menarche, a significant life milestone, and so excellent sanitary habits during menstruation are essential for a healthy life.

### *Aims and Objectives:*

This research was designed to examine participants' knowledge, beliefs, and sources of information on menstruation.

### *Materials and Method:*

A cross-sectional descriptive analysis was conducted among the Delhi government school girls. Data were collected from the girls aged between 12–15-year-old were survey using the pretested questionnaire, shared via mobile messaging application and goggle form.

### *Result*

The majority of the participants were between the ages of 14 to 15. A maximum of 47% of those surveyed were regular in school. Around 47% of the participants mothers were uneducated; 27% of girls had menarche at the age of 12 and 82% had regular cycles. Before menarche, around 76 percent of women had no idea what menses were. Only 16 percent of the females stated that the bleeding began in the uterus. Approximately 60% of the girls used sanitary pads, while the remainder utilised cloth pieces. About 22% of people washed their hands with water and no soap.

### *Conclusion:*

Menstrual hygiene among the interviewed girls was found to be poor in this research. Girls should thus be taught on the basics of menstruation as well as adequate sanitary measures.

**Keywords:** Menstrual Hygiene, menarche, Menstrual awareness

## INTRODUCTION

A women undergo several reproductive changes in her lifetime from the onset of menstruation (menarche) till menopause. Hence menstrual has become an essential phenomenon in females' life (4). Along the complete lifetime adolescence is the period where special attention is required because of the lack of knowledge, myths associated with it and marked onset of menarche. The World Health Organization defines adolescents as young people aged 10 to 19. Adolescents make up around 16 percent of the global population (3).

Menstruation's physiology, pathology, and psychology have all been linked to women's health and well-being, making it a major problem in terms of morbidity and mortality in the female population (3). A woman's risk of acquiring any type of reproductive tract infection, urinary tract infection, and numerous sexually transmitted illnesses is highest during this time. Menstrual hygiene is concerned with the unique healthcare demands and requirements of women during their monthly menstruation, often known as the menstrual cycle (8).

Many physical, mental, and emotional issues arose at this period. There are physical, mental, and social changes (7). Menstruation is one of the most unpleasant aspects of life. Adolescent girls have various types of menstrual-related issues. Around the world, 25 percent to 73 percent of women suffer with menstrual morbidity (4).

Menstrual problems, on the other hand, are a common occurrence. In India, they are very common, with an estimated 87 percent of women suffering from them (4). According to one poll, 64% of females had experienced at least one issue with menstruation in their lifetime. According to researchers the majority of females have menstrual related issues largely due to lack of menstrual education. Menstrual abnormalities can disturb teenage habits and cause substantial anxiety and stress in their families (6).

## MATERIAL AND METHODS

**Study Design:** The study was conducting using the Descriptive-Analytical methodology of research design

**Study Setting:** The study was conducted in the government schools of Delhi, India.

**Study Period:** The study was conducted for the [period of six months. The data was collected and analysed and interpreted during this period.

**Study Participants:** As the study was aiming to evaluate the knowledge and understanding of the adolescence girls regarding menstruation the students in grades eight and tenth were selected for the study.

**Inclusion Criteria and Exclusion Criteria:** The study included the girls who were between the age group 12-15. Those who have agreed to participate were accounted in the study.

**Sampling:** The participants were selected on the Non- Probability Judgmental Sampling method; we have Delhi school selected the girls based randomly by using. The total sample size attains after evaluating were 65.

Study Tool: To evaluate the knowledge and understanding of school girls on the menstruation the questionnaire was used

A self-administered, pre-tested, and structured Questionnaire was used to gather the information. It was based on previous research that had been validated by specialists. The survey was written in the English language. The following were the sections of the questionnaire:

The first is a profile of your demographics. Second, menstrual health and lifestyle are important considerations. The third factor is menstruation knowledge and belief, Practices Concerning Menstrual Health

Details of the Questionnaire:

The first component gathered information on the participants' demographics, such as their age, family type, religion, parents' education, and total family income. The second section of the survey inquired about menarche, menstrual health, and lifestyle, including the age of menarche, source of information during menarche, the length of the menstrual cycle, duration of the menstrual cycle, difficulties during menstruation, BMI, physical activity, dietary habits, sleep habits, smoking, and alcohol consumption, as well as BMI, physical activity, dietary habits, sleep habits, smoking, and alcohol consumption. The research participants' knowledge of menstruation and menstrual hygiene was assessed in the third portion.

Variables

Health education on menstruation and menstrual hygiene habits is an independent variable.

Dependent Variables In this study, the dependent variables are teenage girls' knowledge and menstrual hygiene behaviours.

Data Analysis:

All data was coded and entered into a Microsoft Excel sheet, which was then double-checked and analysed using SPSS version 26. Percentages were used to represent descriptive statistics. Fisher's exact test was performed to determine the relationships between variables. The threshold for significance was fixed at 0.05.

## RESULT & DISCUSSION

This research study was conducted among 65 adolescent school girls from Delhi government school. Age-wise distribution indicates a maximum 72% of girls belonged to late adolescent group of 14–15 years. Religion-wise analysis indicates 85% were Hindus followed by 5% Muslims and 10% from other religions. The 67% girls of the interviewed girls belong to nuclear family and 33% to joint family

	NUMBERS	PERCENTAGE
PARTICPANT'S EDUCATION	57	88%
MOTHER'S EDUCATION	35	53%

According to the findings, the majority of females reached menarche at the age of 14 (57%) and at the ages of 13 and 12. (25 percent). Menarche occurred at an average age of 12 years. 38% of the girls experienced irregular menses, whereas 62 percent had normal menses. 22 percent of people had insufficient blood flow, whereas the majority (78 percent) had moderate blood flow. The girls' blood flow lasted between 4 and 6 days, followed by 1–3 days in the remaining 78 percent. Menorrhagia was discovered in just 1% of the females, whereas dysmenorrhea was observed in around 64%.

	NUMBERS	PERCENTAGE
Normal menstrual flow	40	62%
Menarche (at 12-14 years)	37	57%
Dysmenorrhea	1	1%
Menorrhagia	42	64%

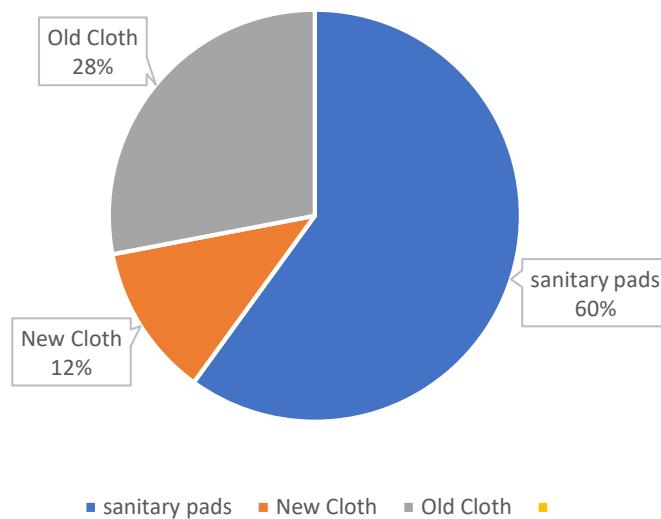
The majority of the girls (76%) had no awareness of menstruation before to menarche, and 73 percent learned about menses through their mothers, according to the study. Only 11% of the girls were aware that bleeding happens from the uterus, whereas 84% were unaware of the organ from which bleeding occurs. Only 31% of the girls knew that menstruation is caused by physiological factors, while the majority (76%) had no idea.

	NUMBERS	PERCENTAGE
Knowledge about menstruation	49	76%
Source of information	43 (mothers)	73%
Knowledge about organs related to menstruation	7	11%
Knowledge about menstrual bleeding	20	31%

### Knowledge of adolescent girls on menstruation

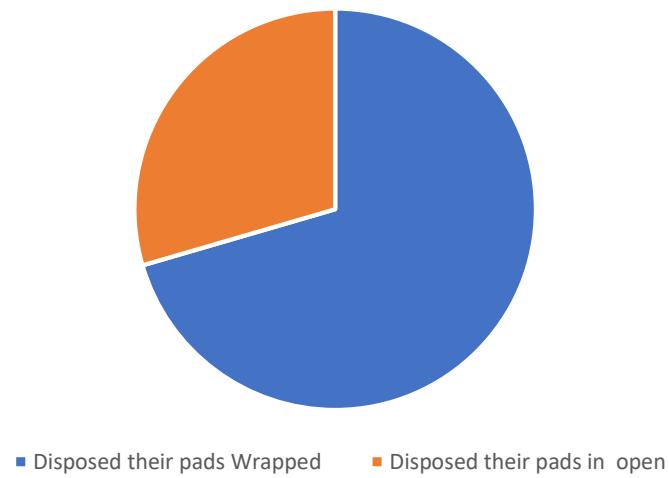
Approximately 60% of the girls used sanitary pads, while the remainder utilised cloth pieces. About 22% of people washed their hands with water and no soap.

## Methods used during menstruation



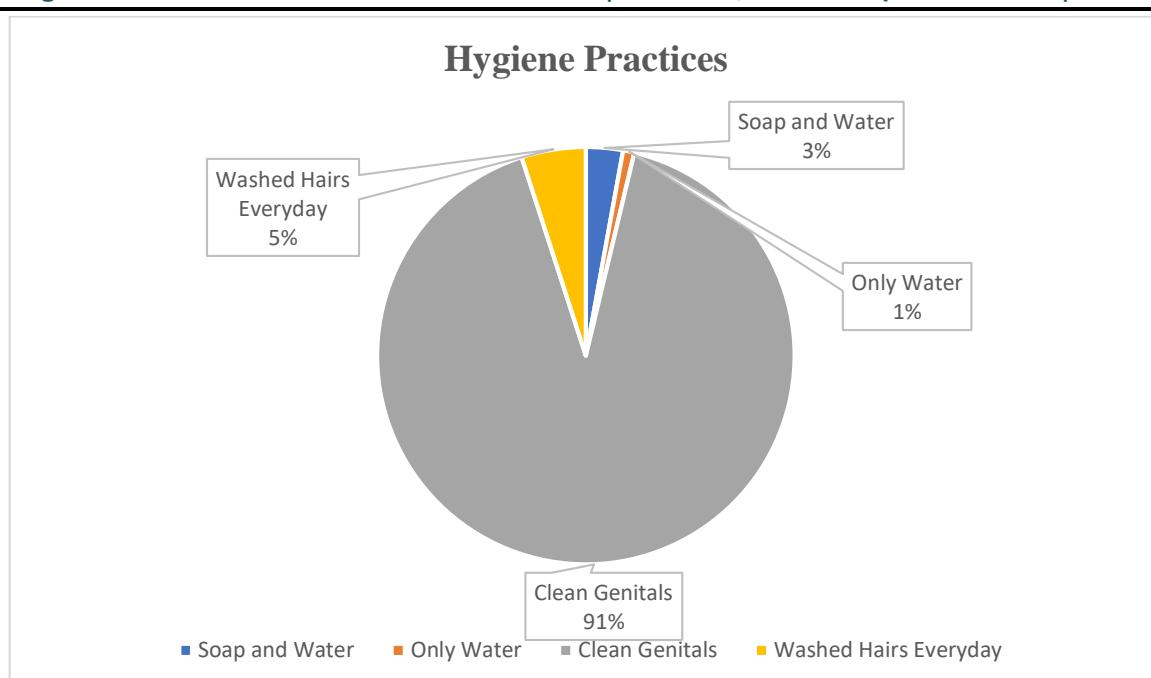
43 percent of the girls disposed of sanitary pads wrapped in paper. About 42% of girls utilised this form of disposal, whereas 18.4% left their pads out in the open.

### Hygiene practices : Sanitary Pad Disposal



### Hygiene practices : Sanitary pad disposal

The majority (69%) used soap and water to wash, although a small percentage (21%) just used water. Almost all of the girls bathed on a daily basis, and they washed their private areas during menses while bathing. They did not pay any special attention to genital cleanliness. During menses, several of the females (4%) washed their hair every day.



Hygiene Practices of the participants

## CONCLUSION

Because menstruation is a key indication of reproductive health and development, menstrual hygiene is a serious concern. Menstrual hygiene among teenage females was found to be poor in this research. This was due to a lack of knowledge and incorrect beliefs about the menstrual phenomena. As a result, it is critical to teach girls about the physiological truths of menstruation, dispel erroneous taboos, and guide them toward good sanitary habits in order to protect themselves against reproductive tract infections. Schools, Aanganwadi health facilities, social welfare foundations, and non-governmental organisations should all be involved. Various schools, Aanganwadi health facilities, social welfare foundations, and nongovernmental groups should work together to raise knowledge about menstruation hygiene, pattern, and issues. Because the majority of the girls in our research were school dropouts, informed parents are critical in adopting sanitary behaviours among teenage females. It is widely held that an educated woman is a family's first teacher, which is why education of the mother and teenage girl is critical.

As a result, when the entire family is aware of the phenomena of menstruation, old prejudices, conventional preconceptions, erroneous ideas, and negative attitudes can be successfully dispelled.

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Nil.

## CONFLICTS OF INTEREST

There are no conflicts of interest.

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